

UVM HEALTH & WELLNESS COACHING EMPLOYEE CONNECTION

Ready to make a lasting change to improve your health?
Connect with a community dedicated to wellbeing.



What: 12-week Health and Wellness coaching program - 6 weeks of group coaching and 6 weeks of individual coaching

Who: Any employee of UVM and UVM Medical Center

When: Tuesdays from 12-1pm, beginning Jan 31st

Fee: \$25

Fully virtual!



Group and individual sessions take place over Zoom

Register here:

<https://na.eventscloud.com/ereg/index.php?eventid=723653&>



Questions?

Contact: uvmihinfo@med.uvm.edu

More Information:

<https://go.uvm.edu/healthyu>